

Red Lentil Kofte / Mercimek Köftesi

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-food-recipe-mercimek-kofte>

Ingredients:

- 1 cup red lentil
- 1/2 cup bulgur fine
- 1/2 cup olive oil
- 2 cups water
- 1 onion medium, very finely chopped
- 1 teaspoon cumin
- 1 tablespoon tomato paste
- 1 tablespoon red pepper
- 1 teaspoon salt
- 1 lemon depends on how you like it: sour or not so sour
- 1/3 bunch parsley finely chopped
- 1/2 bunch green onion finely chopped
- leaf lettuce curly

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 50 grams
3. Fat: 28 grams
4. Fiber: 21 grams
5. Protein: 16 grams
6. SaturatedFat: 4 grams
7. Sodium: 640 milligrams
8. Sugar: 3 grams

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